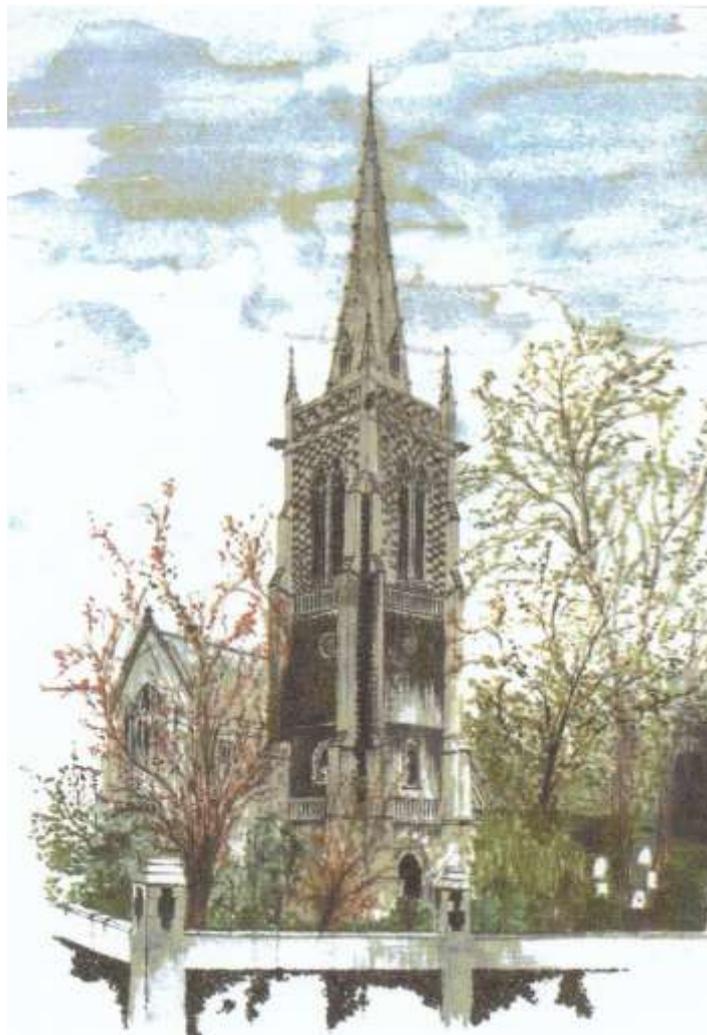


# ST MARY-LE-TOWER CHURCH PAPER

SUNDAY 1<sup>st</sup> March 2020



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If you have difficulty getting to a Communion rail, please let a steward know and appropriate arrangements will be made. At the 10.30am service, gluten-free breads are available at the communion rail in the chancel.

There is no need to refrain from Communion if you are concerned that you might be infectious. The best practice in this situation is to receive the bread only. PLEASE DO NOT dip the wafer into the wine as this is not a hygienic practice.

## **Sunday 1<sup>st</sup> March**

## **First Sunday of Lent**

### **8.00AM Holy Communion (BCP)**

President: Canon Charles Jenkin

### **9.30AM Choral Matins (BCP)**

Choir: Choristers, SCS & ATB

Officiant: Canon Charles Jenkin;

Readings: Genesis 2.15-17, 3.1-7; Romans 5.12-19

Psalm: 32 (page 382); Preces & Responses: *Byrd*

Benedicite: *Tone VIII 2*; Benedictus: *Tonus Peregrinus*

Anthem: Call to remembrance *Farrant* (page 5)

Hymn: A&M 132

### **10.30AM Choral Eucharist (CW)**

Choir: Choristers, SCS & ATB

President: Canon Roger Pallant; Preacher: Canon Charles Jenkin

Readings: Romans 5.12-19; Matthew 4.1-11

Setting: *Duruflé*

Anthem: *Tantum ergo Vierne* (page 5)

Hymns: A&M 763i, 121, 149, 118, 702

### **5.00PM Choral Evensong with Communion(BCP)**

Officiant: Canon Charles Jenkin Choir: Ladies, SCS & ATB

Readings: Deuteronomy 6.4-9, 16-end; Luke 15.1-10

Psalm: 50 vv. 1-15 (page 407) Preces & Responses: *Byrd*

Office Setting: Second Service *Gibbons*

Communion Setting: *Missa aeternae Christi munera Palestrina*

Hymns: NEH 61, 70i

## **Sunday 8<sup>th</sup> March**

## **Second Sunday of Lent**

**Principal Readings: Genesis 12.1-4a; Romans 4.1-5, 13-17; John 3.1-17**

### **8.00AM Holy Communion (BCP)**

*Canon Roger Pallant*

### **9.30AM Choral Matins (BCP)**

*Canon Charles Jenkin*

### **10.30AM Choral Eucharist (CW)**

*Canons Charles Jenkin & Roger Pallant*

### **5.00PM Choral Evensong (BCP)**

*Canon Charles Jenkin*

## **Forthcoming Special Services**

**Sun 22<sup>nd</sup> Mar *Mothering Sunday.* 10.30AM Eucharist with all-age address**

**Sun 5<sup>th</sup> Apr *Palm Sunday.* 10.30AM United Service at SMLT with Christ Church Tacket St. (No 9.30am Choral Matins)**

**Thurs 9<sup>th</sup> Apr *Maundy Thursday.* 6.30PM Eucharist of the Last Supper**

## INTERCESSIONS

*Teach us O God, to view our lives as a pilgrim's path to heaven; and give us grace to tread it courageously in the company of your faithful people.*

We pray for the mission and unity of the Anglican Church throughout the World: teach us that we can all be involved in its mission to share the Good News of Jesus Christ. We pray for the people of Zimbabwe where people are struggling to feed their families in the midst of severe drought. In our diocese we pray for Bishop Martin and Bishop Mike, and the supporting ministry of the Honorary Bishops.

In our life at the Tower, we pray for one another, and for our exploration of the Alpha Course starting this week. *Create in each of us a pure heart and steadfast spirit: lead us in the paths of joy and holiness.*

We pray for all who continue to be affected by floods in this country. For all engaged in flood management and the support of affected communities. We pray for our stewardship of the natural world and all its resources, and for the urgent reduction and mitigation of climate change.

We pray for health authorities throughout the world as they continue to counter the spread of the new Coronavirus; for those who have the virus, those who are caring for them, and for the bereaved. For UK citizens trapped abroad, that they receive appropriate treatment and can return home safely. For preparations to contain the virus in the UK, and for all health workers.

We pray for all who suffer mental illness: and for those who live with them and care for them. May they know God's loving presence.

We pray for those we know who are sick or otherwise distressed including: Derek Le May, Grace Chandler, Fr John Thackray and George Pipe. We continue to pray for Sonia Docherty and her family, Cullum Doe, Jaydon McConnachie, Phil Fisk and Adrian Parry. We remember those now unable to be with us in Church including this week, Margrid Brooks and Mary Gurney.

We pray rest in peace and rise in glory for those who have recently died, among them Lilian Caudle, and we pray for all who mourn. We give thanks for the lives of those whose remembrance falls at this time of year.

*Names and Topics for the prayer lists should be given to the Administration Office.*

## THE COLLECT (Prayer for the Day)

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness, so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

# BIBLE NOTES

Our first reading is vintage St Paul, with a closely argued theological reflection on the impact of Jesus in human history. And it makes interesting reading in the light of the evolution of humankind. For “in Adam” read, “The way human beings naturally are as a result of evolution.” But for those who are “in Christ”, something new is taking place, not as a result of genetic predisposition but by grace and the Spirit of God and Christian formation.

In the Gospel reading, Jesus faces temptations that have their root in the worldly humanity of Adam, in temptations to worldly power. But it is not obvious that this is so until the third temptation, when the Devil finally reveals his objective, as Jesus has resisted his more subtle temptations. The nature of temptation as being basically deceptive is revealed. The Devil is often called the Great Deceiver.

Jesus goes into the desert specifically to withdraw from the world, in order to think clearly about his mission. He knows that the way ahead must be free from worldly assumptions. But even after 40 days he is still facing temptations to worldly power, such is the tenacity of his human nature.

As we make our own pilgrimage through Lent, as we face our own personal challenges, and as we face our challenges as a church, we need constantly to be reminded to be faithful to the Way of the Cross rather than to the temptations of worldly power. To do this we must draw close to God, for inevitably we will fail if we try to make this journey it on our own.

*Canon Charles*

## FIRST READING

*Romans 5.12-19*

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned – sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgement following one trespass brought condemnation but the free gift following many trespasses brings justification.

If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man’s trespass led to condemnation for all, so the act of righteousness of one leads to justification and life for all. For just as by the one

person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

## GOSPEL READING

*Matthew 4.1-11*

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' "

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you," and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' "

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

## ANTHEMS SUNG BY THE CHOIR TODAY

### **9.30AM, Farrant:**

Call to remembrance, O Lord, Thy tender mercies and Thy loving kindness, which hath been ever of old, O remember not the sins and offences of my youth: but according to Thy mercy think Thou on me, O Lord, for Thy goodness.

### **10.30AM, Vierne**

*Tantum ergo sacramentum veneremur cernui: et antiquum documentum novo cedat ritui: præstet fides supplementum sensuum defectui. Genitori, Genitoque laus et jubilatio, salus, honor, virtus quoque sit et benedictio: procedenti ab utroque compar sit laudatio. Amen.*

Therefore so great a Sacrament let us fall down and worship, and let the old law give way to a new rite, and let faith stand forward to make good the defects of sense. To the Father and the Son be praise and joy, health, honour and virtue and blessing, and to him proceeding from both be equal praise. Amen.

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**FLOWER ROTA** Express your artistic inner self by helping with the flower arranging. The more people we have the fewer times your turn occurs. At the moment it is about three times during the year. Please let me know if you would like to be join the rota. I look forward to hearing from you! Please do email me at [hmadair@doctors.org.uk](mailto:hmadair@doctors.org.uk) Sue Adair.

# Exploring Alpha – Lent to Ascension 2020 at SMLT

Alpha is a course in which the basics of Christianity are presented in an accessible way, but in which the main purpose of the course is to give people opportunity to talk about what they think and believe in a relaxed, open and friendly situation. As part of our involvement in the Inspiring Ipswich church growth project, St Mary-le-Tower has decided to explore the Alpha Course to see whether it could become a regular part of our spiritual and numerical growth as a church.

So the Inspiring Ipswich Learning Group for St Mary-le-Tower are inviting members of our church to join them in exploring Alpha. We will experience the course on Thursday evenings, starting on March 5<sup>th</sup> in Church House. Each evening will start with a shared meal at 6.30pm, followed by a short form of evening prayer, a video presentation and then time for discussion. Finish 8.45pm.

There will be 10 sessions in all, including an awayday on Saturday 25<sup>th</sup> April. The final session will be on 14<sup>th</sup> May. There are a few weeks without a session because of Holy Week and Easter; it doesn't matter if you miss the occasional session; but the awayday is an important part of the course. We are hopeful that those joining this course will be ready to help with future Alpha courses.

To join the Exploring Alpha course please sign up at the back of church. To know more, please speak to one of the Learning Group: Cathy Moss, Canon Charles, Eunice Forsyth, Jo Jones, Sonia Docherty, or Vicky Moss.

**A Lent course**  
*open to staff, students & general public*

University of Suffolk

Chaplaincy  
*for everyone*

with special guest speaker,  
**Rt Rev Dr Mike Harrison,**  
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**Re:refreshing Christianity**

*Connecting timeless truths with life in today's world through the Apostles' Creed*

Tuesday evenings 6-7.30pm,  
25th Feb - 31st Mar 2020

Includes light refreshments - Room WLT1

BOOK NOW - [refreshing-christianity-lent-course.eventbrite.co.uk](https://refreshing-christianity-lent-course.eventbrite.co.uk)

**2020: The Year of the Word**

*Enjoy the Bible*  
*Sensing the Sacred through Art and Music*

Saturday 7 March 2020  
09.30 - 13.00

The St Nicholas Centre, 4 Cutler Street, Ipswich, IP1 1UQ

To register go to: [enjoy-the-bible.eventbrite.co.uk](https://enjoy-the-bible.eventbrite.co.uk)  
or call: 07780 613754

Speakers:

Christopher Borrett  
Director of Music  
St Mary-le-Tower Church

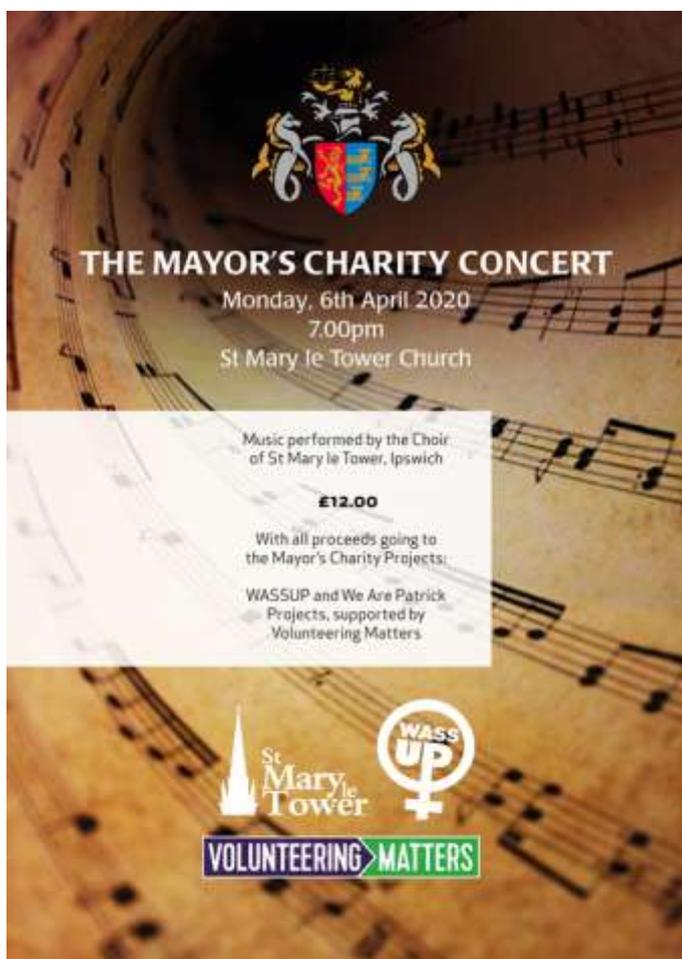
Fleur Dorrell  
Catholic Bishops' Conference  
and Bible Society

Churches together in Ipswich Town Centre

Godwhospeaks.uk

Bible Society

the GOD WHO SPEAKS



## HYGIENE ADVICE AT COMMUNION SERVICES

In the light of the risk of an outbreak in the UK of the new Coronavirus (currently rated ‘moderate’), the Church of England has stressed its normal advice for hygiene at Communion Services. The instruction to all members of the choir and the congregation at SMLT is therefore that, **if you think you may be infectious**, you are respectfully asked:

- A. At the Peace, to refrain from exchanging a handshake,**
- B. At Communion to receive the bread only.**

This is now regarded as the normal best practice on an ongoing basis, and everyone needs therefore to be respectful of people who do not extend their hand for a handshake at the Peace. It’s not personal!

The following notes will be helpful:

- Theologically and spiritually, receiving Holy Communion in one kind only has long been regarded as fully receiving the benefits of the Sacrament.
- The practice of dipping bread into wine is strongly discouraged as unhygienic, and Communion Administrants at SMLT have now been instructed not to allow this to take place any more.
- Best practice is mindful of the fact that hands can all too easily become a route for the transmission of infection, especially if hand has touched face.
- If anyone has any concerns about any of this, please speak to the clergy or the churchwarden.

## *WHAT'S ON AT THE TOWER 2<sup>nd</sup> – 10<sup>th</sup> March*

Mon 2 <sup>nd</sup>	6.30PM Choral Evensong.
Tues 3 <sup>rd</sup>	6.30PM Choral Evensong.
Wed 4 <sup>th</sup>	10.30am Holy Communion
Fri 6 <sup>th</sup>	11.00AM Pins & Needles in Church House 8.30PM Choral Compline
<b>Sun 8<sup>th</sup></b>	<b>Normal Sunday Services</b>
Mon 9 <sup>th</sup>	12.00N Service of thanksgiving for the life of Simon Warr 6.30PM Choral Evensong.
Tues 10 <sup>th</sup>	2.00PM Funeral of Lilian Caudle 6.30PM Choral Evensong.

**IPSWICH TOWN PASTORS** are looking to recruit both new Town Pastors (we are particularly short of Male Town Pastors at present) and Prayer Team members. For further information or an application form contact Pete Wood (Administrator), by email [Pete.wood@ipswichtownpastors.org.uk](mailto:Pete.wood@ipswichtownpastors.org.uk) or by post at 13 Camberley Road, Ipswich, IP4 5QH. See also our website [www.ipswichtownpastors.org.uk](http://www.ipswichtownpastors.org.uk) or find us on Facebook (open Facebook and search for Ipswich Town Pastors)

**THE CHILDREN'S SOCIETY** It is time for the annual collection of coin boxes for The Children's Society. If you are able to bring your box to church that would be helpful but otherwise I would happy to come and collect it from you. Thank you for helping The Children's Society.  
*Sally Graham*

**FUNERAL SERVICES at St Mary-le-Tower:** The service of thanksgiving for the life of **Simon Warr** will be held on Monday 9<sup>th</sup> March at 12noon. The funeral of **Lilian Caudle** will be held at 2PM on Tuesday 10<sup>th</sup> March. *May they rest in peace and rise on glory.* We do not at present have details of requests regarding flowers or donations for either of these services.

**CHURCH MAIN ENTRANCE RAMP** has been removed as it doesn't conform to current guidelines and several people have tripped on it recently, fortunately without serious injury. A flat entrance for a wheelchair is available at the west entrance which will now be more routinely open. There is additional lighting to draw attention to the new step and remind people that there is a different layout.

### **TOWER CONTACTS:**

**Churchwarden: Jo Jones** Email: [jonesgriz01@gmail.com](mailto:jonesgriz01@gmail.com). Tel: 07813 543587

**Administrator (Church and Tower House): Donna Joyce**

*Parish Office contact details on front page.*

**Outgoing Letters:** Remember to check the letter rack at the back of church.